

A P P R O V E D
ARLINGTON COUNCIL ON AGING
MEETING MINUTES
Thursday, October 16, 2014

Members Present: Annette Bender, Mara Klein Collins, Noreen Murphy, Richard “Dick” Phelps, Paul Raia,
Members Absent: Bill Carey, Sue Culhane, Ingeborg Reichenbach
Associate Members Present: Joanne Morel, Karen Nichols
Guests: Malcolm Hamilton, Jim Munsey

The Council’s primary responsibilities are to design, promote, and implement services to address the needs of the community’s elder population, and to coordinate existing services in the community.

1. Call to Order by Mara Klein Collins, Chair at 5:50. Introductions of all in attendance and welcome to Jim Munsey who will be joining the Board on 9/28.
2. Citizen’s Open Forum: No one spoke.
3. Minutes of the September 18, 2014 meeting: Corrected Minutes Approved; addition of #9(b) Sevoyan Fund request/approval. Added Karen Nichols, Associate Member attended the meeting
4. Report of the Chair: Mara Reviewed the ASA meeting held last month and confirmed that the COA is now scheduling the facility space.
5. Executive Director's Report: Susan Carp, MS October 2014 Report:

ARB voted to give the COA authority to schedule programs in the Senior Center. Although this is a change in procedural authority, the COA is committed to keeping all programs in place that are fully subscribed. Additionally, the COA will proceed with programming to “fill” the building.

We have established weekly meetings with management of ASA to ensure a smooth transition

The Aging Mastery program is in full swing. Three Modules have been completed and the response has been extremely favorable from the participants. At the request of Noreen Murphy, Susan explained the funding and program being offered. Only 19 grants were given out to COAs in MA. \$4,000/grant. Program consists of 8 modules and is primarily driven by the 25 participants. 23 was the minimum requirement to get the grant.

Additional information in September minutes.

Various staff members went to the MCOA conference, including new board member Jim Munsey.

Submitted a \$10,000 grant to Lahey to focus on mental and behavioral health. If awarded the COA will be advised early November

All 12 nurses have arrived and are conducting blood pressure clinics and home visits. Some of the programs that they will be implementing/conducting include: Urinary Tract Infections, LGBT Health and Wellness, Disaster Preparedness, Walking Club at Cusack, Cardiac Health, Nutrition, and Post- Operative Expectations. The remaining programs are “under construction.

The staff is extremely busy as preceptors for interns and increasing volume of calls and office visits from our seniors

It is anticipated to be very hectic as we transition into the 3 offices upstairs and reassign those staff to remain on the ground floor.

We anticipate holding the “Elder Economic and Personal Safety” discussion with local clergy on October 22. Response has been light so we will begin calling those invited.

COA/Transportation is working on a Transportation “discussion” – this will be supported by 2 UMASS Boston students that examined transportation. It is likely the presentation will be in November

Only five available grants of \$20,000 will be available. Susan is considering apply for one of the grants.

6. Other Reports

Minuteman Senior Services Liaison: No one in attendance

COA liaison to Arlington Seniors Association

Arlington Seniors Association liaison to COA

Discussion on whether liaisons are still necessary at this time. Director of COA and President of ASA are meeting regularly so the value of these liaisons may not be necessary at this time. It was suggested that they be suspended, but re-instituted if personnel or circumstances dictate.

Friends of the COA: no one in attendance, but Jim Munsey reported that the Road Race was successful in all areas: runners, sponsors, people attending, and weather.

7. Old Business

Request by Mara for a member to take the Secretary position. No one was interested. Sue Culhane was assigned minute taking at the November meeting.

“COA 101” For Town Officials, Boards. The importance of understanding the behind the scenes funding and services offered by the COA. Mara would like to get this completed by the end of October. Noreen volunteered, but can not meet that deadline. Jim Munsey agreed to take on the project. Additional info is needed:

- dollar amounts for the chart;
- definition of Associate Members
- The presentation will be show to Selectmen and other town officials as determined.
- Malcolm also requested it be shown to the ASA board so they will understand the COA functioning. He felt more information would be helpful to allow the 2 organizations to work together to meet the needs of Arlington seniors.

Organizing ourselves into interest groups such as: Town Government: FinCom, Planning Board, etc. Building improvements, Planning for the Future

Importance of having town leaders aware of what COA does. Mara suggested a liaison to several town committees.

Initial list:

- FinCom:
- Planning Board:
- Planning for the Future:
- Disability Comm: Paul Raia will get in touch with them.
- Re-Dev Board: Mara
- Selectmen:

Liaison would attend those meetings and advocate for the COA. Keep other town groups aware of the COA.

9. Other Business:

- Discussion of who are the Associate Members and how they are appointed. Unclear whether they need to be appointed by Selectmen. Susan Carp will confirm
 - Directors Training: Members expressed an interest in the EOEA training for boards. Susan will check into this, but it may be several months before it is available. Only given twice a year, and have to have five communities involved.

New binders were given to two board members. Mara will scan and email so that the information will be available to all Board members and will be electronically stored for future distribution.

- Intergenerational planning was also suggested as a goal.

- Newsletter: Jim suggested listing the local cable stations in the newsletter.
- Susan discussed upcoming filming at the COA which will be broadcast on the local stations. She will also have those programs listed in the newsletter, but that is not a priority goal given the amount of issues currently pending.

Adjourn: 7:15 pm.